

Nutrition and Self-Sufficiency of Adults with Disabilities through a Mentoring Program

Lauren San Diego¹, Dr. Devona L. Dixon², Dr. Elizabeth Newcomb Hopfer², Dr. Meeshay Williams-Wheeler², Dr. Heather Colleran²

¹ **Dietetic Intern Nutritional Sciences Department, University of Oklahoma Health Science Center, Oklahoma City, OK**

² **Family Consumer Sciences Department, North Carolina Agriculture & Technical State University, Greensboro, NC**

Intellectually/Developmentally Disabled (I/DD) adults face a variety of physical, social, and medical challenges that can be compounded by poor nutrition. The characteristics inherent to this population create unique obstacles in addressing their nutrition needs. Curriculum for a four-part nutrition education series in collaboration with The Arc of Greensboro has been developed to focus on key knowledge and skills that aim to improve the self-efficacy of the Greensboro I/DD adult community. The creation of this curriculum is part of a larger research grant that aims to improve the quality of life for this population by combining workshops and mentorship from North Carolina Agriculture & Technical State University (NCA&TSU) Family Consumer Sciences (FCS) students. The outcomes of this curriculum will be used to analyze the effectiveness of the lesson plans to improve nutrition knowledge and motivate behavior change of I/DD participants. These findings will be used to improve future phases of the project .